TimeSmart*
Tips Inside!

Use & Care GUIDE

Microwave Hood Combination

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In the U.S.A. for assistance or service, call the Consumer Assistance Center:

1-800-253-1301

In Canada for assistance or service, see page 46.

Whirlpool* Home Appliances

MODELS MH7140XF YMH7140XF

PART NO. 4393453A

www.whirlpool.com

A Note to You

Thank you for buying a WHIRLPOOL* appliance.

The Whirlpool Brand is committed to designing quality products that consistently perform for you to make your life easier. To ensure that you enjoy years of trouble-free operation, we developed this Use and Care Guide. It is full of valuable information about how to operate and maintain your appliance properly and safely. Please read it carefully.

Also, complete and mail the **Product Registration Card** provided with your appliance. The card helps us notify you about any new information on your appliance.

TimeSmart* TIP

Look for these tips!

Look for these Time Smart Tips located throughout your Use and Care Guide. They will help you save time and make the most of your new appliance.

Please record your model's information.

Whenever you call to request service for your appliance, you need to know your complete model number and serial number. You can find this information on the model and serial number label/plate (see "Microwave oven features" in the "Getting to Know" section). Also, record the other information shown in the next column.

Model Number _____

Serial Number _____

Purchase Date _____

Dealer Name _____

Dealer Address _____

Dealer Phone _____

Keep this book and the sales slip together in a safe place for future reference.

Our Consumer Assistance Center number is toll free. 1-800-253-1301

To find detailed product information, the location of the nearest Whirlpool dealer or authorized servicer, to purchase an accessory item, or register your appliance on-line, please visit our Web site at **www.whirlpool.com**

In Canada, for assistance or service, see the "Requesting Assistance or Service" section.

In Canada, visit our Web site at **www.whirlpoolappliances.com/canada**

MICROWAVE OVEN SAFETY

Your safety and the safety of others is very important.

We have provided many important safety messages in this manual and on your appliance. Always read and obey all safety messages.

This is the safety alert symbol.

This symbol alerts you to hazards that can kill or hurt you and others.

All safety messages will be preceded by the safety alert symbol and the word “DANGER” or “WARNING.” These words mean:

⚠DANGER — **You will be killed or seriously injured if you don’t follow instructions.**

⚠WARNING — **You can be killed or seriously injured if you don’t follow instructions.**

All safety messages will identify the hazard, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances basic safety precautions should be followed, including the following:

WARNING: To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

- Read all instructions before using the microwave oven.
- Read and follow the specific “PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY” found in this section.
- The microwave oven must be grounded. Connect only to properly grounded outlet. See “GROUNDING INSTRUCTIONS” found at the end of this section.
- Install or locate the microwave oven only in accordance with the provided installation instructions.
- Some products such as whole eggs and sealed containers – for example, closed glass jars – may explode and should not be heated in the microwave oven.
- Use the microwave oven only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in the microwave oven. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
- As with any appliance, close supervision is necessary when used by children.
- Do not operate the microwave oven if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
- The microwave oven should be serviced only by qualified service personnel. Call an authorized service company for examination, repair or adjustment.
- Do not cover or block any openings on the microwave oven.
- Do not store the microwave oven outdoors. Do not use the microwave oven near water – for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
- Do not immerse cord or plug in water.
- Keep cord away from heated surfaces.
- Do not let cord hang over edge of table or counter.
- See door surface cleaning instructions in the “Caring for Your Microwave Oven” section.
- Do not mount over a sink.
- Do not store anything directly on top of the microwave oven when the microwave oven is in operation.

– SAVE THESE INSTRUCTIONS –

continued on next page

IMPORTANT SAFETY INSTRUCTIONS

- To reduce the risk of fire in the oven cavity:
  - Do not overcook food. Carefully attend the microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
  - Remove wire twist-ties from paper or plastic bags before placing bag in oven.
  - If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
  - Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.
- Suitable for use above both gas and electric cooking equipment.
- Intended to be used above ranges with maximum width of 36 inches.
- Clean Ventilating Hoods Frequently – Grease should not be allowed to accumulate on hood or filter.
- When flaming foods under the hood, turn the fan off. The fan, if operating, may spread the flame.
- Use care when cleaning the vent-hood filter. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filter.

– SAVE THESE INSTRUCTIONS –

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

(b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

(1) door (bent),

(2) hinges and latches (broken or loosened),

(3) door seals and sealing surfaces.

(d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

ELECTRICAL REQUIREMENTS

Observe all governing codes and ordinances.
A 120 Volt, 60 Hz, AC only, 15 or 20 amp fused electrical supply is required. (A time-delay fuse is recommended.) It is recommended that a separate circuit serving only this appliance be provided.

⚠WARNING

Electrical Shock Hazard

Plug into a grounded 3 prong outlet.

Do not remove ground prong.

Do not use an adapter.

Do not use an extension cord.

Failure to follow these instructions can result in death, fire, or electrical shock.

GROUNDING INSTRUCTIONS

For all cord connected appliances:
The microwave oven must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. The microwave oven is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

WARNING: Improper use of the grounding can result in a risk of electric shock.

Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the microwave oven is properly grounded.

Do not use an extension cord. If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the microwave oven.

For a permanently connected appliance:
This microwave oven must be connected to a grounded, metallic, permanent wiring system, or an equipment grounding conductor should be run with the circuit conductors and connected to the equipment grounding terminal or lead on the microwave oven.

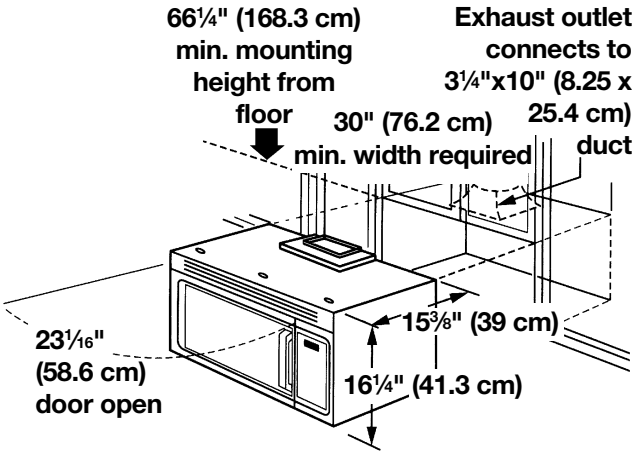
Installation Instructions

Space requirements

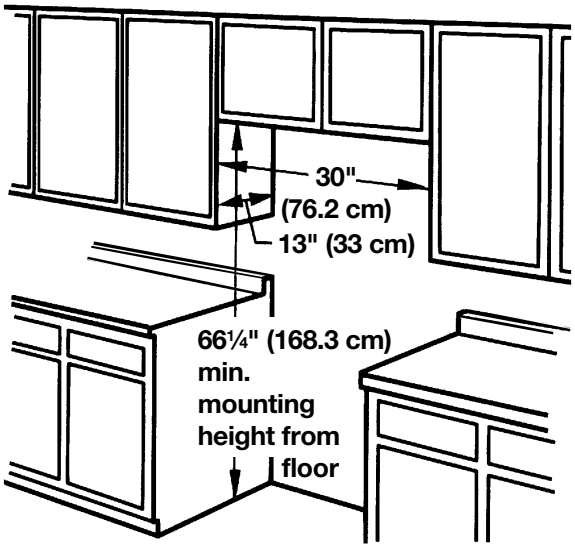
NOTE: There must be at least one wall stud within cabinet opening.

Check the opening where the microwave oven hood will be installed. The location must provide:

- 2 inch x 4 inch (5.1 x 10.2 cm) wood studding and ⅜ inch (.95 cm) thickness drywall or plaster lath
- Support for microwave oven hood weight of 150 pounds (68 kg) plus the weight of items placed in the oven or upper cabinet
- 30 inch (76.2 cm) wide minimum opening
- 14 inch (35.6 cm) clearance between the bottom of microwave oven hood and the cooktop
- Protection from draft areas, such as windows, doors, and strong heating vents
- Grounded electrical outlet (see “Electrical requirements” in the “Microwave Oven Safety” section)



Shipped ready for ventless (recirculating) operation, converts to top or rear discharge.



CRITICAL DIMENSIONS	
A	30¼" (76.8 cm) min. from cooking surface (or countertop) below microwave oven to top of wall mounting bracket
B	14" (35.6 cm) min. to cooking surface (or countertop) below microwave oven

REMOVING AND REPLACING THE MICROWAVE OVEN

⚠WARNING

Excessive Weight Hazard

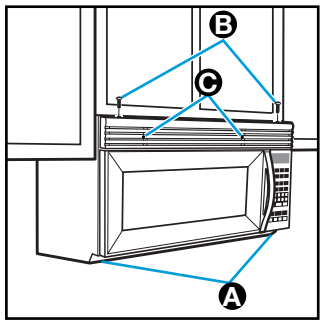
Use two or more people to move and install microwave oven.

Failure to do so can result in back or other injury.

If you need to remove your Microwave Hood Combination for any reason, follow these simple steps:

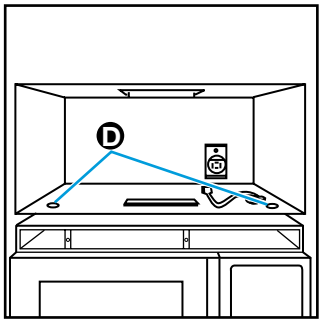
To remove:

1. Unplug microwave oven or disconnect power.
2. Remove filters and vent grille.

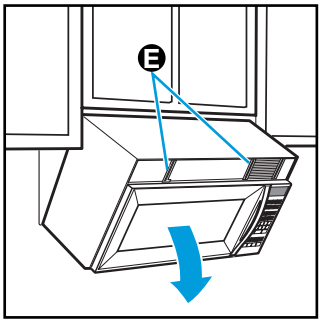


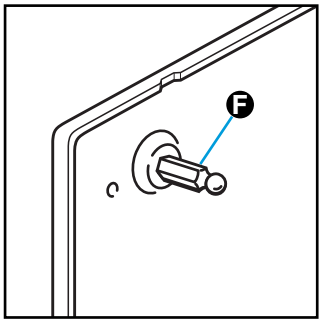
- If filters A are installed, push in at the tab and slide filter to the outside edge to remove.
- Remove the two screws B from the top of the microwave oven cabinet (the screws located closest to the front corners). Do not remove the screws located towards the center of the cabinet.
- Remove the vent grille C. Set the screws and grille aside.

3. After removing all oven contents, including the turntable and support, tape the door in the closed position. Then remove the two bolts D securing the microwave oven to the upper cabinet.

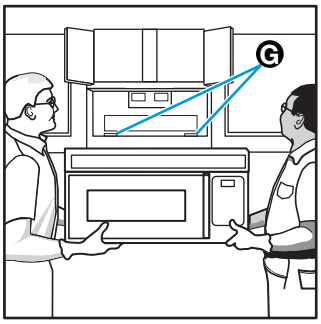


4. While wearing gloves, grasp the microwave oven supports E and firmly pull the microwave oven forward and downward to release the microwave oven cabinet from the mounting plate locking pins F.





5. Grasp the microwave oven cabinet. Rotate the microwave oven downward. (Be careful that door does not swing open.) Lift off the support tabs G at the bottom of the mounting plate. Set the microwave oven aside on a protected surface.



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REMOVING AND REPLACING THE MICROWAVE OVEN (CONT.)

To replace:

1. Carefully lift microwave oven and hang it on the support tabs at the bottom of the mounting plate.
2. Rotate the front of the microwave oven cabinet downward. Thread the power supply cord through the power supply cord hole in the bottom of the upper cabinet.
3. Rotate the microwave oven towards the cabinet. Push the microwave oven against the mounting plate until locking pins snap into the cabinet.

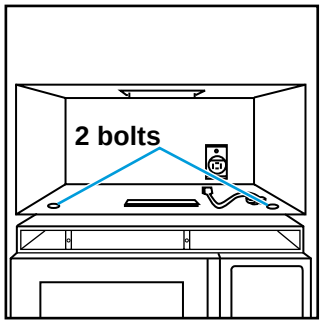
⚠WARNING

Crush Hazard

Attach microwave oven with bolts as shown.

Failure to do so can result in broken bones, cuts, or other injury.

4. Replace the two bolts securing the microwave oven to the upper cabinet.



5. Untape the door and replace the turntable and support.
6. Replace the vent grille.
7. Replace the two screws in the top of microwave oven cabinet (the screws located closest to front corners).
8. If filters were installed, replace them (see “Installing and caring for the filters” in the “Caring for Your Microwave Oven” section, if needed).
9. Plug in microwave oven or reconnect power.

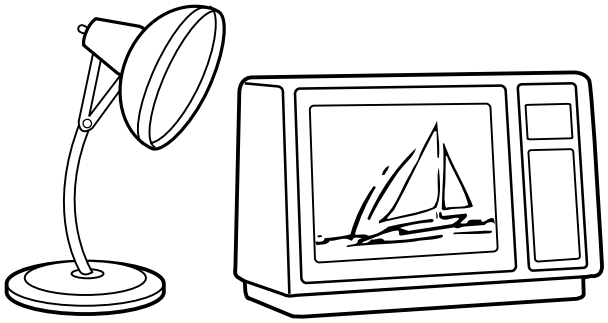
Getting to Know Your Microwave Oven

This section discusses the concepts behind microwave cooking. It also shows you the basics you need to know to operate your microwave oven. Please read this information before you use your microwave oven.

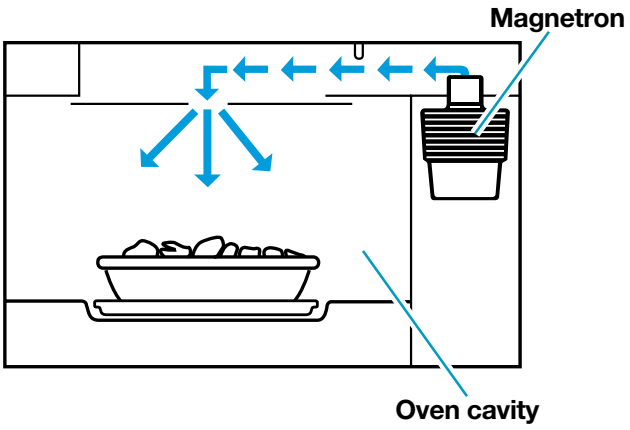
How your microwave oven works

Microwave ovens are safe. Microwave energy is not hot. It causes food to make its own heat, and it's this heat that cooks the food.

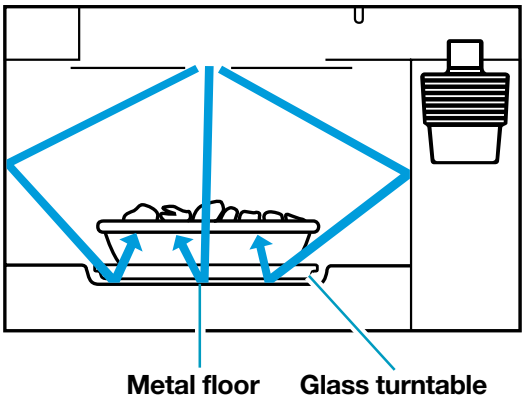
Microwaves are like TV waves or light waves. You cannot see them, but you can see what they do.



A magnetron in the microwave oven produces microwaves. The microwaves move into the oven where they contact food as it turns on the turntable.



The glass turntable of your microwave oven lets microwaves pass through. Then they bounce off a metal floor, back through the glass turntable, and are absorbed by the food.



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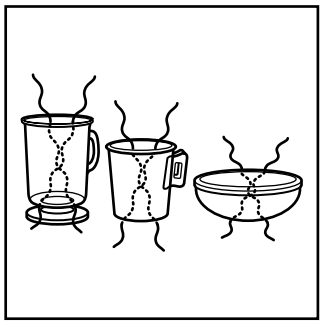
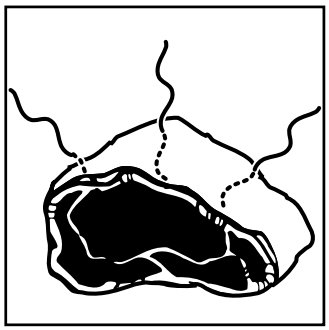
HOW YOUR MICROWAVE OVEN WORKS (CONT.)

Microwaves pass through most glass, paper, and plastics without heating them so food absorbs the energy. Microwaves bounce off metal containers so food does not absorb the energy.



Microwaves may not reach the center of a roast. The heat spreads to the center from the outer, cooked areas just as in regular oven cooking. This is one of the reasons for letting some foods (for example, roasts or baked potatoes) stand for a while after cooking, or for stirring some foods during the cooking time.



The microwaves disturb water molecules in the food. As the molecules bounce around bumping into each other, heat is made, like rubbing your hands together. This is the heat that does the cooking.

TimeSmart* TIP

For the best cooking results

- Always cook food for the shortest cooking time recommended. Check to see how the food is cooking. If needed, touch ADD MINUTE while the oven is operating or after the cooking cycle is over (see the "Using ADD MINUTE" section).
- To help make sure the food is evenly cooked, stir, turn over, or rearrange the food about halfway through the cooking time.
- If you do not have a cover for a dish, use wax paper, or microwave-approved paper towels or plastic wrap. Remember to turn back a corner of the plastic wrap ¼ to ½ inch (6 mm to 1.2 cm) to vent steam during heating or cooking.

NOTE: Do not deep fry in the oven. Microwavable cookware is not suitable and it is difficult to maintain appropriate deep-frying temperatures.

RADIO INTERFERENCE

Using your microwave oven may cause interference to your radio, TV, or similar equipment. When there is interference, you can reduce it or remove it by:

- Cleaning the door and sealing surfaces of the oven.
- Adjusting the receiving antenna of the radio or television.
- Moving the radio or TV away from the microwave oven.
- Plugging the microwave oven into a different outlet so that the microwave oven and radio or TV are on different branch circuits.

TESTING YOUR MICROWAVE OVEN

To test the oven put about 1 cup of cold water in a glass container in the oven. Close the door and make sure it latches. Follow the directions in "Cooking at high cook power" in the "Using Your Microwave Oven" section to set the oven to cook for 2 minutes. When the time is up, the water should be heated.

TESTING YOUR DINNERWARE OR COOKWARE

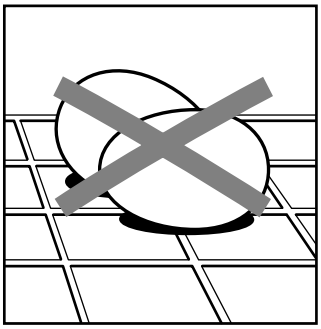
Test dinnerware or cookware before using.

To test a dish for safe use, put it into the oven with a cup of water beside it. Cook at 100% cook power for 1 minute. **If the dish gets hot and water stays cool, do not use it.**

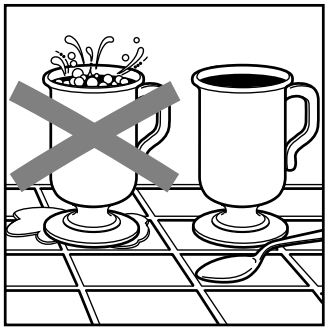
Some dishes (melamine, some ceramic dinnerware, etc.) absorb microwave energy, becoming too hot to handle and slowing cooking times. Cooking in metal containers not designed for microwave use could damage the oven, as could containers with hidden metal (twist-ties, foil lining, staples, metallic glaze or trim).

OPERATING SAFETY PRECAUTIONS

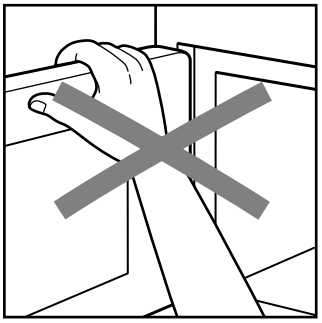
Never cook or reheat a whole egg inside the shell. Steam buildup in whole eggs may cause them to burst and burn you, and possibly damage the oven. **Slice** hard-boiled eggs before heating. In rare cases, poached eggs have been known to explode. **Cover** poached eggs and **allow** a standing time of 1 minute before cutting into them.



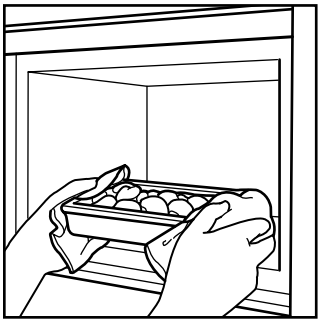
For best results, stir any liquid several times during heating or reheating. Liquids heated in certain containers (especially containers shaped like cylinders) may become overheated. The liquid may splash out with a loud noise during or after heating or when adding ingredients (coffee granules, tea bags, etc.). This can harm the oven and possibly injure someone.



Never lean on the door or allow a child to swing on it when the door is open. Injury could result.



Use hot pads. Microwave energy does not heat containers, but the heat from the food can make the container hot.



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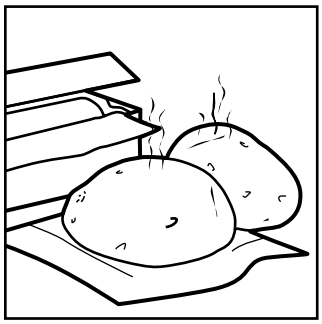
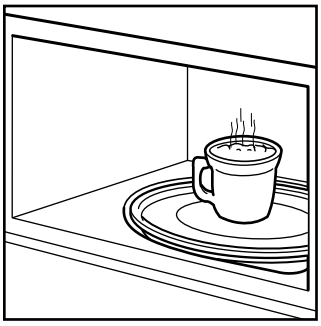
OPERATING SAFETY PRECAUTIONS (CONT.)

Do not overcook potatoes. Fire could result. At the end of the recommended cooking time, potatoes should be slightly firm because they will continue cooking during standing time. **After microwaving, let** potatoes stand for 5 minutes. They will finish cooking while standing.



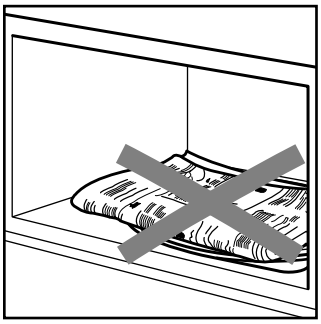
Do not start a microwave oven when it is empty. Product life may be shortened.



If you practice programming the oven, **put** a container of water in the oven or use the Demo/learning feature (see "Using the demo/learning feature" later in this section).

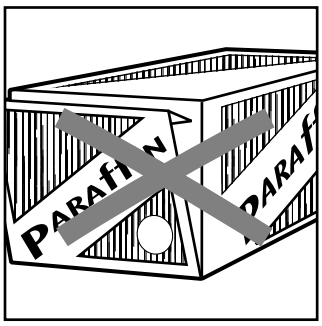
It is normal for the oven door to look wavy after the oven has been running for a while.

Do not use newspaper or other printed paper in the oven. Fire could result.

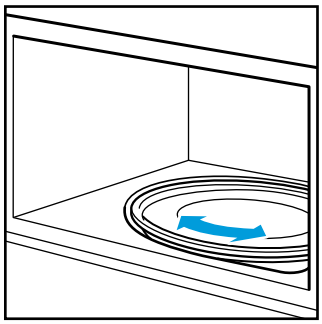


Do not dry flowers, fruit, herbs, wood, paper, gourds, or clothes in the oven. Fire could result.

Do not try to melt paraffin wax in the oven. Paraffin wax will not melt in a microwave oven because it allows microwaves to pass through it.



Do not operate the microwave oven unless the glass turntable is securely in place and can rotate freely on the support rollers. The turntable can rotate in either direction.



Make sure the rollers are completely inside the center circle of the turntable; this will let the turntable rotate properly.

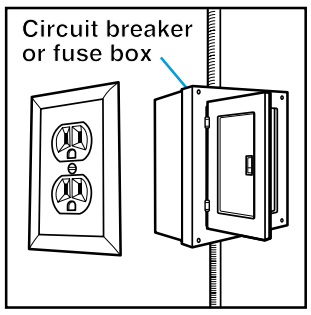
Make sure the turntable is correct-side up in the oven. **Carefully place** the cookware on your turntable to avoid possibly breaking it.

Handle your turntable with care when removing it from the oven to avoid possibly breaking it. If your turntable cracks or breaks, contact your dealer for a replacement.

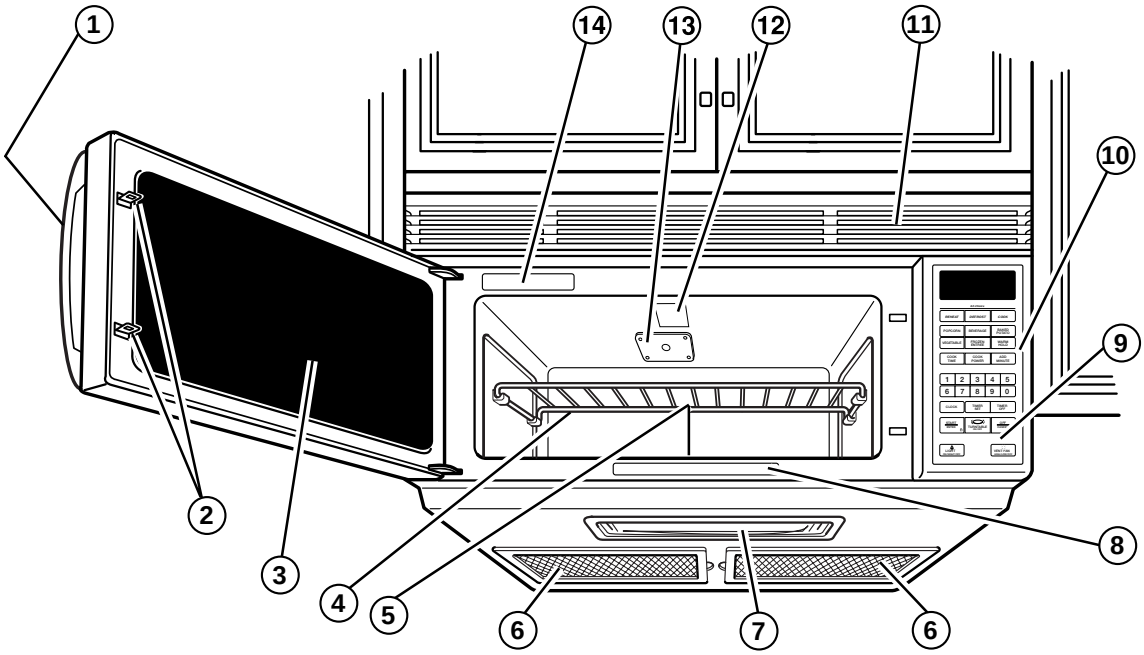
When you use a browning dish, the browning dish bottom must be at least 3⁄16 inch (5 mm) above the turntable. Follow the directions supplied with the browning dish.

ELECTRICAL CONNECTION

If your electric power line or outlet voltage is less than 110 volts, cooking times may be longer. Have a qualified electrician check your electrical system.



MICROWAVE OVEN FEATURES

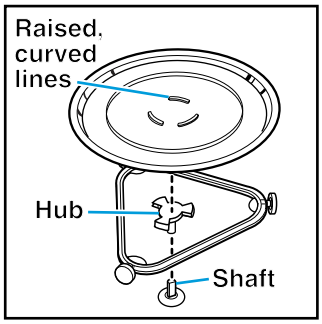


Your microwave oven is designed to make your cooking experience as enjoyable and productive as possible. To help get you up and running quickly, the following is a list of the oven's basic features:

1. **Door Handle.** Pull to open door.
2. **Door Safety Lock System.** The oven will not operate unless the door is securely closed.
3. **Window with Metal Shield.** Shield prevents microwaves from escaping. It is designed as a screen to allow you to view food as it cooks.
4. **Cooking Rack.** Use for extra space when cooking in more than one container at the same time. See page 16 for more information.
5. **Glass Turntable** (PN 4393751) (not shown). Included in oven cavity – see below for installation instructions. This turntable turns food as it cooks for more even cooking. It must be in the oven during operation for best cooking results. The turntable is sunken into the cavity floor to give you more cooking space and better cooking results. See pages 9, 12, 37, 42, and 44 for more details.
6. **Charcoal and Grease Filters.** Included in oven cavity. See page 38 for installation instructions and cleaning information.
7. **Cooktop/Countertop Light.** Turn on to light your cooktop or countertop or turn on as a night light. See page 18 for more information.
8. **Cooking Guide Label.** Use as a quick reference for EZ-Choice Cook, EZ-Choice Reheat, EZ-Choice Defrost, Popcorn, Beverage, Baked Potato, Vegetable, and Frozen Entree settings.
9. **Exhaust Fan and Cooktop Light Switches.** See pages 17 and 18 for more information.
10. **Control Panel.** Touch the pads on this panel to perform all functions. See pages 14-16 for more information.
11. **Vent Grille.**
12. **Oven Cavity Light.**
13. **Microwave Inlet Cover.**
14. **Model and Serial Number Plate.** See page 2 for more information.

To install turntable and support:

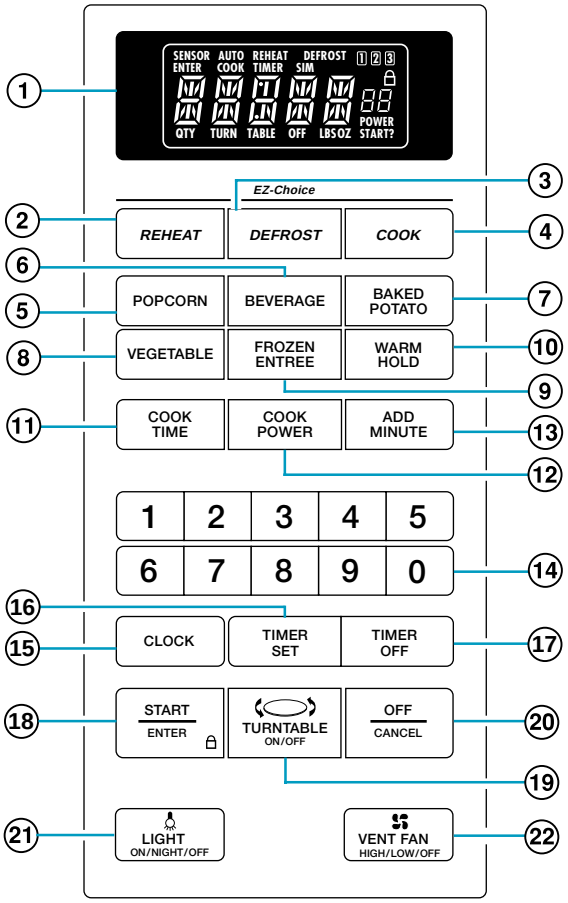
- Fit the hub (PN 4393754) onto the shaft.



- Place the support (PN 4393752) on the cavity bottom.
- Place the turntable on the hub. Make sure the raised, curved lines in the center of the turntable bottom are between the three "spokes" of the hub.
- The rollers (PN 4393753) on the support should fit inside the ridge on the bottom of the turntable.
- The turntable turns both clockwise and counter-clockwise. This is normal.

CONTROL PANEL FEATURES

1. **Display.** This display includes a clock and indicators to tell you the time of day, cooking time settings, and cooking functions you chose.
2. **REHEAT.** Touch this pad to reheat microwavable foods without entering times and cook powers. See page 27 for more information.
3. **DEFROST.** Touch this pad to defrost frozen foods without entering times and cook powers. See page 28 for more information.
4. **COOK.** Touch this pad to cook microwavable foods without entering times and cook powers. See page 26 for more information.
5. **POPCORN.** Touch this pad when popping popcorn in your microwave oven. The oven will automatically heat for a preset time at a preset cook power. See page 31 for more information.
6. **BEVERAGE.** Touch this pad to heat 1 or 2 8-ounce (227 g) cups of a beverage. The oven will automatically heat for a preset time at a preset cook power. See page 32 for more information.
7. **BAKED POTATO.** Touch this pad to cook 1 to 4 potatoes. The oven will automatically cook for a preset time at a preset cook power. See page 33 for more information.
8. **VEGETABLE.** Touch this pad to cook 1 to 4 cups (237 to 946 mL) of a frozen vegetable. The oven will automatically cook for a preset time at a preset cook power. See page 34 for more information.
9. **FROZEN ENTREE.** Touch this pad to cook a 10- or 20-ounce (283.5 to 567 g) frozen entree. The oven will automatically cook for a preset time at a preset cook power. See page 35 for more information.
10. **WARM HOLD.** Touch this pad to keep hot, cooked foods safely warm in your microwave oven for up to 99 minutes, 99 seconds. WARM HOLD can be used by itself, or it can automatically follow a cooking cycle. See page 36 for more information.
11. **COOK TIME.** Touch this pad followed by Number pads to set a cooking time. See pages 21, 22, and 24 for more information.
12. **COOK POWER.** Touch this pad after the cook time has been set, followed by a Number pad to set the amount of microwave energy released to cook the food. Also touch this pad to lengthen or shorten a preset cooking time. See pages 18 and 22 for more information.



13. **ADD MINUTE.** Touch this pad to cook for 1 minute, at 100% cook power, or to add an extra minute to your cooking cycle at the set cook power. See page 20 for more information.
14. **Number pads.** Touch Number pads to enter cooking times, cook powers, quantities, weights, or food categories.
15. **CLOCK.** Touch this pad to enter the correct time of day. See page 18 for more information.
16. **TIMER SET.** Touch this pad to set the Minute Timer. See page 19 for more information.
17. **TIMER OFF.** Touch this pad to cancel the Minute Timer. See page 19 for more information.
18. **START/ENTER.** Touch this pad to start a function. See page 15 for more information.
19. **TURNTABLE ON/OFF.** Touch this pad to turn your turntable on and off. See page 16 for more information.
20. **OFF/CANCEL.** Touch this pad to erase an incorrect command, cancel a program during cooking, or to clear the display. See page 15 for more information.

CONTROL PANEL FEATURES (CONT.)

21. **LIGHT ON/NIGHT/OFF.** Touch this pad to turn the light or night light on or off. See page 18 for more information.
22. **VENT FAN HIGH/LOW/OFF.** Touch this pad to turn on the fan at high or low speed. Also use it to turn the fan off. See page 17 for more information.

NOTES:

- If you have entered all settings for a function but do not touch START/ENTER in 5 seconds, the START? indicator light will show.
- If you open the door while the oven is on and then shut the door, the START? indicator light will show. Touch START/ENTER to continue.
- If you choose a function but do not press another Command pad within 1 minute, the display returns to the time of day and you have to start over.

Audible signals

Your microwave oven comes with audible signals that can guide you when setting and using your oven:

- [•))))] A programming tone will sound each time you touch a pad.
- [•))))] One long tone signals the end of a Minute Timer countdown.
- [•))))][•))))][•))))][•))))] Four tones signal the end of a cooking cycle.
- [•))))][•))))] Two quick, short tones sound once every minute for the first 15 minutes after an end-of-cooking signal as a reminder if the food has not been removed from the oven.
- [•))))][•))))] Two quick, short tones will sound while entering and exiting from a hidden feature (for example, Child Lock) or time of day.
- [•))))][•))))][•))))] Three tones sound if you have made an incorrect entry.

To disable the programming tone:

TOUCH

1

and hold for 4 seconds

To turn the programming tone back on:

TOUCH

1

and hold for 4 seconds

To disable all audible signals except the end-of-timer signal:

TOUCH

2

and hold for 4 seconds

To turn signals back on:

TOUCH

2

and hold for 4 seconds

NOTE: Two tones will sound when audible signals are turned on or off.

Interrupting cooking

You can stop the oven during a cycle by opening the door. The oven stops heating and the fan stops, but the light stays on. To restart cooking, close the door and

TOUCH

START / ENTER

If you do not want to continue cooking:

- Close the door and the light goes off.

OR

- **TOUCH**

OFF / CANCEL

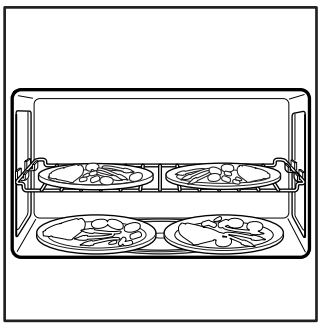
NOTE: Before setting a function, touch OFF/CANCEL to make sure no other function is on.

continued on next page

CONTROL PANEL FEATURES (CONT.)

Heating more than one plate of food

When heating plates of food with a cook time that you set, you can heat two 10¼-inch (26 cm) plates side by side or one dish larger than the turntable. You can heat 2 more plates on the Cooking Rack for a possible total of 4 plates. For best results, halfway through cooking turn the plates halfway around until the food in the front is in the back. Do the same when heating a larger (9- to 13-inch [23 to 33 cm]) casserole. When heating 4 dinner plates turn as described above and switch the top plates with the bottom plates.



To heat 2 bottom plates together or one larger dish, the turntable should not be turning. You can shut the turntable off by touching TURNTABLE ON/OFF. "TURNTABLE OFF" appears on the display. If you touch TURNTABLE ON/OFF before starting to set the cooking function, your oven will prompt you to enter a cooking time without you needing to touch COOK TIME. Your turntable will be turned back on when cooking is over or when you touch OFF/CANCEL.

TURNTABLE ON/OFF

NOTE: You cannot turn off the turntable when using an "auto" function.

Using the child lock

The Child Lock locks the control panel so children cannot use the microwave oven when you do not want them to.

To lock the control panel:

TOUCH

START / ENTER

and hold for 5 seconds

Two tones will sound and 🔒 will appear on the display. When the control panel is locked, 3 tones will sound and LOCK will appear when you touch any pad except for VENT FAN and LIGHT, Number pads 1 and 2, and START/ENTER.

To unlock the control panel:

TOUCH

START / ENTER

and hold for 5 seconds

Two tones will sound and 🔒 will be cleared from the display.

Using the demo/learning feature

You can set your microwave oven to display your commands as you enter them without turning the magnetron on. This feature helps you learn to use your oven without actually cooking food.

To set the demo/learning feature:

TOUCH

TIMER OFF

and hold for 5 seconds

Two tones will sound and a small "d" will appear on the display.

To cancel the demo/learning feature:

TOUCH

TIMER OFF

and hold for 5 seconds

Two tones will sound and the small "d" will disappear from the display.

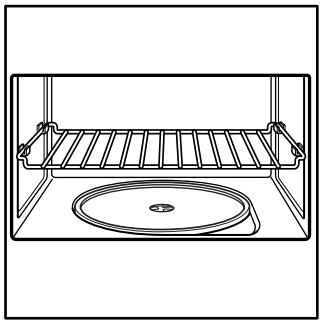
USING THE COOKING RACK

The Cooking Rack gives you extra space when cooking in more than one container at the same time.

If you need a replacement rack, you can order one from your authorized service company, or by calling the Consumer Assistance Center at **1-800-253-1301** (in U.S.A.) or **1-800-461-5681** (in Canada). When calling, follow the instructions and telephone prompts you hear. Make sure to have your model number when ordering.

Inserting the rack

Insert the rack securely into the rack supports on the side walls of the oven.



NOTES:

- Use oven mitts to remove items from microwave oven.
- Do not store the metal rack in the oven. Arcing and damage to the oven could result if someone accidentally starts the oven.
- Do not operate the oven with the metal rack stored on the floor of the oven. Damage to the interior finish will result.
- Use rack only in the microwave oven.
- Do not use rack with browning dish.
- Do not let food container on rack touch the top or sides of the oven.
- Do not cook foods directly on rack. Put them in microwave-safe containers first.
- Do not place a metal cooking container on rack.
- Only use the Cooking Rack when cooking at more than one level.

USING THE EXHAUST FAN

The pad on the bottom right of the control panel controls the 2-speed exhaust fan.

1. Choose fan speed.

NOTE: If the temperature from the range or cooktop below the oven gets too hot, the exhaust fan in the vent hood will automatically turn on at the HIGH setting to protect the oven. **It may stay on up to an hour to cool the oven. When this occurs, the FAN pad will not turn the fan off.**

TOUCH

VENT FAN
HIGH/LOW/OFF

(once for high speed, twice for low speed)

2. Turn off fan when desired.

TOUCH

VENT FAN
HIGH/LOW/OFF

(1 or 2 more times, depending on fan speed)

USING THE COOKTOP/COUNTERTOP LIGHT

The pad on the bottom left of the control panel controls the cooktop/countertop light.

1. Turn on light.

TOUCH

LIGHT ON/NIGHT/OFF

(once for regular light, twice for night light)

2. Turn off light when desired.

TOUCH

LIGHT ON/NIGHT/OFF

(1 or 2 more times, depending on light setting)

SETTING THE CLOCK

When your microwave oven is first plugged in, or after a power failure, the display will flash ":". If a time of day is not set, ":" will show until you touch any pad.

NOTES:

- If you touch in an invalid time and touch CLOCK, 3 tones will sound. Enter the correct time.
- If you touch OFF/CANCEL while setting the clock, the display will show the last time of day set.
- To turn off the clock touch CLOCK, Number pad 0, and CLOCK again, the set time will disappear and ":" will show on the display.

1. Touch CLOCK.

TOUCH

CLOCK

YOU SEE

2. Enter the time of day.
Example for 12:00:

TOUCH

1

2

0

0

YOU SEE

3. Complete your entry.

TOUCH

CLOCK

OR

START / ENTER

YOU SEE

USING THE MINUTE TIMER

You can use your microwave oven as a kitchen timer. Use the Minute Timer for timing up to 99 minutes, 99 seconds.

NOTE: The oven can operate while the Minute Timer is in use. To see the Minute Timer while the oven is cooking, touch TIMER SET.

1. Touch TIMER SET.

TOUCH

TIMER SET

YOU SEE

2. Enter the time to be counted down.

Example for 1 minute, 30 seconds:

NOTE: If you enter more than 4 digits, the first 4 digits will disappear and the following digit(s) will appear on the right side as you enter them.

TOUCH

1

3

0

YOU SEE

3. Start the countdown.

NOTE: If you do not do this step within 5 seconds of doing Step 2, "START?" will appear. You then have 1 minute to touch START/ENTER or TIMER SET before the display returns to the time of day.

TOUCH

TIMER SET

OR

START / ENTER

YOU SEE

At the end of the countdown:

YOU SEE

(one long tone will sound)

To cancel the minute timer:

During the countdown:

TOUCH

TIMER OFF

YOU SEE

(time of day)

USING ADD MINUTE

ADD MINUTE lets you cook food for 1 minute at 100% cook power or add an extra minute to your cooking time cycle. You can also use it to extend cooking time cycles in multiples of 1 minute, up to 99 minutes.

NOTES:

- To extend cooking time cycles in multiples of 1 minute, touch ADD MINUTE repeatedly during cooking.
- After closing the door, you can enter ADD MINUTE without having to touch START/ENTER.
- If you touch ADD MINUTE during cooking, the oven will cook at the currently selected cook power. If you touch ADD MINUTE after cooking is over, the oven will cook at 100% cook power. You can also change the cook power after you touch ADD MINUTE by touching COOK POWER, Number pads for the new cook power, and START/ENTER.
- You can use ADD MINUTE only for the cooking time function.

1. Make sure the food is in the oven.

2. Touch ADD MINUTE.

Example for cooking for 1 minute:

TOUCH

ADD MINUTE

YOU SEE

CHANGING PRESET COOKING TIMES

If a preset cooking time is too long or too short, you can lengthen or shorten the cooking time after choosing EZ-Choice COOK, EZ-Choice REHEAT, EZ-Choice DEFROST, POPCORN, BEVERAGE, BAKED POTATO, VEGETABLE, or FROZEN ENTREE. You can only change cooking times before cooking starts.

For example, in EZ-Choice REHEAT, after choosing the type of food and entering the quantity:

To lengthen cooking time:

TOUCH

COOK POWER

once

YOU SEE

(example for EZ-Choice reheat)

To shorten cooking time:

TOUCH

COOK POWER

twice

YOU SEE

To reset to the original cooking time:

TOUCH

COOK POWER

three times

YOU SEE

Using Your Microwave Oven

This section gives you instructions for operating each function. Please read these instructions carefully.

Cooking at High Cook Power

1. Put your food in the oven and close the door.

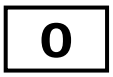
2. Touch COOK TIME.

TOUCH

YOU SEE

3. Enter the cooking time.
Example for 1 minute, 30 seconds:

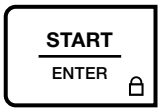
TOUCH



YOU SEE

4. Start the oven.

TOUCH



YOU SEE

At the end of the cooking time:

YOU SEE

(four tones will sound)

Changing instructions

You can change the cooking time any time during cooking by repeating Steps 2, 3, and 4.

COOKING AT DIFFERENT COOK POWERS

For best results, some recipes call for different cook powers. The lower the cook power, the slower the cooking. Each Number pad also stands for a different percentage of cook power. Many microwave cookbook recipes tell you by number, percent, or name which cook power to use.

The following chart gives the percentage of cook power each Number pad stands for, and the cook power name usually used. It also tells you when to use each cook power. Follow recipe or food package instructions if available.

NOTE: Refer to a reliable cookbook for cooking times.

COOK POWER	NAME	WHEN TO USE IT
10=100% of full power (automatic)	High	• Quick heating many convenience foods and foods with high water content, such as soups and beverages • Cooking small tender pieces of meat, ground meat, poultry pieces, fish fillets, and most vegetables
9=90% of full power		• Heating cream soups
8=80% of full power		• Heating rice, pasta, or stirrable casseroles
7=70% of full power	Medium-High	• Cooking and heating foods that need a cook power lower than high (for example, whole fish and meat loaf) or when food is cooking too fast • Reheating a single serving of food
6=60% of full power		• Cooking sensitive foods, such as cheese and egg dishes, pudding, and custards • Cooking nonstirrable casseroles, such as lasagna
5=50% of full power	Medium	• Cooking ham, whole poultry, and pot roasts • Melting chocolate
4=40% of full power		• Simmering stews • Heating pastries
3=30% of full power	Medium-Low, Defrost	• Defrosting foods, such as bread, fish, meats, poultry, and precooked foods
2=20% of full power		• Softening butter, cheese, and ice cream
1=10% of full power	Low	• Keeping food warm • Taking chill out of fruit

NOTE: Once cook time has been entered you can also use the COOK POWER pad as a second Minute Timer by entering “0” for the cook power. The oven will count down the cooking time you set without cooking.

1. Put your food in the oven and close the door.

2. Touch COOK TIME.

TOUCH

YOU SEE

COOKING AT DIFFERENT COOK POWERS (CONT.)

3. Enter the cooking time.
Example for 7 minutes, 30 seconds:

TOUCH

7

3

0

YOU SEE

4. Set the cook power.

TOUCH

COOK POWER

YOU SEE

Example for 50% cook power:

TOUCH

5

OR

COOK POWER

(repeat until desired cook power appears)

YOU SEE

5. Start the oven.

TOUCH

START
ENTER

YOU SEE

At the end of the cooking time:

YOU SEE

(four tones will sound)

Changing instructions

You can change the cooking time or cook power any time during cooking by repeating Steps 2, 3 and/or 4 and 5.

COOKING IN STAGES

For best results, some recipes call for one cook power for a certain length of time, and another cook power for another length of time. Your oven can be set to change from one to another automatically, for up to 3 stages.

You can set your chosen cook functions in any order. However, if you use EZ-Choice DEFROST, it must be the first stage.

1. Put your food in the oven and close the door.

2. Touch COOK TIME.

TOUCH

COOK TIME

YOU SEE

3. Enter the cooking time for the first stage.
Example for 7 minutes, 30 seconds:

TOUCH

7

3

0

YOU SEE

4. Set the cook power for the first stage.

TOUCH

COOK POWER

YOU SEE

Example for 50% cook power:

TOUCH

5

OR

COOK POWER

(repeat until desired cook power appears)

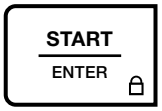
YOU SEE

5. Repeat Steps 2, 3, and 4 to set the cooking time and cook power for each additional stage.

COOKING IN STAGES (CONT.)

6. Start the oven.

TOUCH



YOU SEE

(first stage, when cooking with 2 stages)

After the first stage is over, the next stage(s) will count down.

At the end of the cooking time:

YOU SEE

(four tones will sound)

Changing instructions

You can change cooking times or cook powers for a stage any time after that stage starts by repeating Steps 2, 3, and/or 4 and 5.

USING EZ-CHOICE COOK

You can cook microwavable foods just by choosing a category and quantity. EZ-Choice COOK has preset times and cook powers for 7 categories (see chart below).

To use EZ-Choice COOK, follow the steps below:

1. Touch

once

You see

2. Touch COOK 1 to 7 times to choose the type of food.

Example for rice

once

OR

Touch a Number pad to choose the type of food.

Example for rice

You see

Example for rice

3. Touch one or more Number pads to enter the quantity.

Example for 1 cup

You see

Example for 1 cup

4. Touch

You see

(countdown time may vary)

NOTES:

- If you do not enter a quantity within 2 seconds, EZ-Choice COOK will prompt you to choose a quantity. You then have 1 minute to enter a quantity and to touch START/ENTER. If you do not do so, EZ-Choice COOK will be canceled.
- If you touch COOK 8 times, the display returns to the Rice setting.
- If you need more or less cooking time, do not touch COOK again. Touch COOK POWER before you touch START/ENTER. (See “Changing preset cooking times” in the “Getting to Know” section.)
- When cooking bacon, keep in mind that differences in the amount of fat, meat, thickness, and curing process will affect how bacon is cooked. Also, regular sliced bacon averages about 16 slices per pound.

This chart shows you how to choose a type of food and the amounts you can choose for each type.

FOOD	TOUCH COOK†	OR	TOUCH NUMBER PAD	AMOUNTS YOU CAN CHOOSE
Rice	once		1	0.5, 1, 1.5, or 2 cups†† (118 mL, 237 mL, 355 mL, or 473 mL)
Fresh Vegetables	twice		2	1 to 4 cups (237 mL to 946 mL)
Frozen Vegetables	3 times		3	1 to 4 cups (237 mL to 946 mL)
Canned Vegetables	4 times		4	1 to 4 cups (237 mL to 946 mL)
Bacon	5 times		5	1 to 6 pieces, average thickness
Cereal (instant)	6 times		6	1 to 4 servings
French Toast	7 times		7	1 to 4 pieces

† You must touch COOK once before choosing the food type.

†† Set 0.5 cup by touching “0” and “5” or only “0” or only “5”. Set 1.0 cup by touching “1” and “0” or only “1”. Set 1.5 cups by touching “1” and “5”. Set 2.0 cups by touching “2” and “0” or only “2”.

USING EZ-CHOICE REHEAT

You can reheat microwavable foods just by choosing a category and quantity. EZ-Choice REHEAT has preset times and cook powers for 5 categories (see chart below).

To use EZ-Choice REHEAT, follow the steps below:

1. Touch REHEAT

once

You see

2. Touch REHEAT 1 to 5 times to choose the type of food.

REHEAT **Example for pizza slice**

once

OR

Touch a Number pad to choose the type of food.

1 **Example for pizza slice**

You see

Example for pizza slice

3. Touch a Number pad to enter the quantity.

1 **Example for 1 slice**

You see

Example for 1 slice

4. Touch START/ENTER

You see

(countdown time may vary)

NOTES:

- If you do not enter a quantity within 2 seconds, EZ-Choice REHEAT will prompt you to choose a quantity. You then have 1 minute to enter a quantity and to touch START/ENTER. If you do not do so, EZ-Choice REHEAT will be canceled.
- If you touch REHEAT 6 times, the display returns to the Pizza Slice setting.
- If you need more or less cooking time, do not touch REHEAT again. Touch COOK POWER before you touch START/ENTER. (See "Changing preset cooking times" in the "Getting to Know" section.)

TimeSmart* TIP

Reheating baked goods

When reheating a large (4 oz [113 g]) muffin or bagel use the 2-piece setting. The 1-piece setting warms 1 regular-size muffin or bagel, or 2 small dinner rolls.

This chart shows you how to choose a type of food and the amounts you can choose for each type.

FOOD	TOUCH REHEAT†	OR	TOUCH NUMBER PAD	AMOUNTS YOU CAN CHOOSE
Pizza Slice	once		1	1 to 3 slices, 5 oz (142 g) each
Soup/Sauce	twice		2	1 to 4 cups (237 mL to 946 mL)
Casserole	3 times		3	1 to 4 cups (237 mL to 946 mL)
Baked Goods	4 times		4	1 to 6 pieces, 2 oz (57 g) each
Plate (of food)	5 times		5	1 serving (or 1 plate)

† You must touch REHEAT once before choosing the food type.

USING EZ-CHOICE DEFROST

You can defrost food by choosing a category and setting a weight. EZ-Choice DEFROST has preset times and cook powers for 3 categories (see chart below).

To use EZ-Choice DEFROST, follow the steps below:

1. Touch [DEFROST] **once**

You see

2. Touch DEFROST 1 to 3 times to choose the type of food.

[DEFROST] **once** **Example for meats**

OR

Touch a Number pad to choose the type of food.

[1] **Example for meats**

You see

Example for meats

3. Touch Number pad(s) to enter the weight.

[1] **Example for 1.1 lbs** **twice**

You see

Example for 1.1 lbs

4. Touch [START/ENTER]

You see

(countdown time may vary)

NOTES:

- If you do not enter a weight within 2 seconds, EZ-Choice DEFROST will prompt you to enter a weight. You then have 1 minute to enter a weight and to touch START/ENTER. If you do not do so, EZ-Choice DEFROST will be canceled.
- If you enter a weight higher than the highest weight allowed for your food setting, 3 tones will sound and "RETRY" will appear on the display when you touch START/ENTER.
- If you touch DEFROST 4 times, the display returns to the Meats setting.
- If you need more or less defrosting time, do not touch DEFROST again. Touch COOK POWER before you touch START/ENTER. (See "Changing preset cooking times" in the "Getting to Know" section.)
- See the "EZ-Choice defrost chart" later in this section for defrosting directions for each food.
- To defrost items not listed in the "EZ-Choice defrost chart," use 30% cook power. Refer to a reliable cookbook for defrosting information.

TimeSmart* TIP

For even, complete defrosting

- The shape of the package affects how quickly food will defrost. Shallow packages will defrost more quickly than a deep block.
- As food begins to defrost, separate the pieces. Separated pieces defrost more evenly.
- Use small pieces of aluminum foil to shield parts of food such as chicken wings, leg tips, fish tails, or areas that start to get warm. Make sure the foil does not touch the sides, top, or bottom of the oven.

This chart shows you how to choose a type of food and the weights you can set for each type.

FOOD	TOUCH DEFROST†	OR	TOUCH NUMBER PAD	WEIGHTS YOU CAN SET (tenths of a pound)
Meats	once		1	.1 to 6.6 (45 g to 2994 g)
Poultry	twice		2	.1 to 6.6 (45 g to 2994 g)
Fish	3 times		3	.1 to 4.4 (45 g to 1998 g)

† You must touch DEFROST once before choosing the food type.

EZ-Choice defrost chart

Meat setting

FOOD	SPECIAL INSTRUCTIONS
Beef	Meat of irregular shape and large, fatty cuts of meat should have the narrow or fatty areas shielded with foil at the beginning of a defrost cycle.
Ground Beef, Bulk	Do not defrost less than ¼ lb (113 g).
Ground Beef, Patties	Do not defrost less than two 4 oz (113 g) patties.
Round Steak, Tenderloin Steak, Pot Roast, Chuck Roast, Rib Roast, Rolled Rump Roast	Place on a microwavable roasting rack.
Stew Beef	Place in a microwavable baking dish.
Lamb	
Cubes for Stew	Place in a microwavable baking dish.
Chops (1 inch [2.5 cm] thick)	Place on a microwavable roasting rack.
Pork	
Chops (½ inch [13 mm] thick), Hot Dogs, Spareribs, Country-Style Ribs, Loin Roast (Boneless), Sausage, Links	Place on a microwavable roasting rack.
Sausage, Bulk	Place in a microwavable baking dish.

Fish setting

FOOD	SPECIAL INSTRUCTIONS
Fish	
Fillets	Place in a microwavable baking dish. Carefully separate fillets under cold water.
Steaks	Place in a microwavable baking dish. Run cold water over to finish defrosting.
Whole	Place in a microwavable baking dish. Cover head and tail with foil; do not let foil touch sides of microwave oven. Finish defrosting by immersing in cold water.
Shell Fish	
Crabmeat, Lobster Tails, Shrimp, Scallops	Place in a microwavable baking dish.

continued on next page

EZ-CHOICE DEFROST CHART (CONT.)

Poultry setting

FOOD	SPECIAL INSTRUCTIONS
Chicken	
Whole (up to 9½ lbs [4.3 kg])	Place chicken breast-side up on a microwavable roasting rack. Finish defrosting by immersing in cold water. Remove giblets when chicken is partially defrosted.
Cut Up	Place on a microwavable roasting rack. Finish defrosting by immersing in cold water.
Cornish Hens	
Whole	Place on a microwavable roasting rack. Finish defrosting by immersing in cold water.
Turkey	
Breast (under 6 lbs [2.7 g])	Place on a microwavable roasting rack. Finish defrosting by immersing in cold water.

DEFROSTING TIPS

- When using EZ-Choice DEFROST, you need to enter the net weight (the weight of the food minus the container). Enter the weight to the nearest 1/10 lb (45 g).
- Only use EZ-Choice DEFROST for raw food. EZ-Choice DEFROST gives best results when the food to be thawed is completely frozen. If the food is partially defrosted, always set a lower food weight (for a shorter defrosting time) to prevent cooking the food.
- For better results, a preset standing time is included in the defrosting time. This may make the defrosting time seem longer than expected. (For more information on standing time, see the "Microwave cooking tips" in the "Cooking Guide" section.)

Weight conversion chart

You are probably used to food weights as being in pounds and ounces that are fractions of a pound (for example 4 ounces equals ¼ pound). However, in order to enter food weight in EZ-Choice DEFROST, you must specify pounds and tenths of a pound.

If the weight on the food package is in fractions of a pound, you can use the following chart to convert the weight to decimals.

DECIMAL WEIGHT		EQUIVALENT OUNCE WEIGHT	EQUIVALENT GRAM WEIGHT
.10		1.6	45
.20		3.2	91
.25	One-Quarter Pound	4.0	113
.30		4.8	136
.40		6.4	181
.50	One-Half Pound	8.0	227
.60		9.6	272
.70		11.2	318
.75	Three-Quarters Pound	12.0	340
.80		12.8	363
.90		14.4	408
1.00	One Pound	16.0	454

USING POPCORN

You can pop commercially packaged microwave popcorn by touching just one pad. The number of times you touch this pad determines which size bag of popcorn your oven will pop.

For best results:

- Pop only 1 package at a time.
- If you are using a microwave popcorn popper, follow manufacturer's instructions.

To use POPCORN, follow the steps below:

1. **Place the bag in the center of the turntable.**
2. **Touch** POPCORN 1 to 3 times to choose the bag size.

Example for 3.5 oz

once

You see

Example for 3.5 oz

(countdown time may vary)

This chart shows you how to choose a bag size.

BAG SIZE (ounces)	TOUCH POPCORN
3.5 (100 g)	once
3.0 (85 g)	twice
1.75 (50 g)	3 times

NOTES:

- If you touch POPCORN 4 times, the display returns to the 3.5 ounce (100 g) setting.
- You do not need to touch START/ENTER to start the oven. The oven will start in 5 seconds.
- If you need more or less cooking time, do not touch POPCORN again. Touch COOK POWER before the oven starts cooking. (See "Changing preset cooking times" in the "Getting to Know" section.)

TimeSmart® TIP

Popcorn brands make a difference

How well your popcorn cooks will depend on the brand of popcorn and how much fat it has in it. Try several brands to decide which pops the best. For best results, use fresh bags of popcorn.

USING BEVERAGE

You can heat one or two 8-ounce (227 g) cups of a beverage by touching just 1 pad. The number of times you touch this pad determines the number of cups your oven will heat.

NOTES:

- If you touch BEVERAGE 3 times, the display returns to the 1-cup setting.
- You do not need to touch START/ENTER to start the oven. The oven will start heating by itself in 5 seconds.
- If you need more or less heating time, do not touch BEVERAGE again. Touch COOK POWER before the oven starts cooking. (See "Changing preset cooking times" in the "Getting to Know" section.)

1. Place your cup(s) of beverage in the oven and close the door.

2. Touch BEVERAGE.

If you want to heat 1 cup, just wait 5 seconds and the oven will start heating automatically for 1 cup.

TOUCH

BEVERAGE

YOU SEE

3. Change to 2 cups, if desired.

TOUCH

BEVERAGE

OR

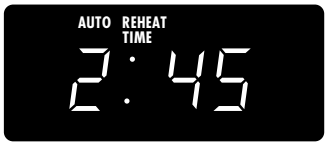
2

YOU SEE

After 5 seconds, the oven will start heating.

YOU SEE

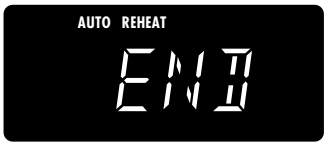
Example for 2 cups:



(countdown time – may vary from above)

At end of heating time:

YOU SEE



(four tones will sound)

USING BAKED POTATO

You can cook one to four baking potatoes (10 oz [284 g] to 13 oz [369 g] each) by touching just one pad. The number of times you touch this pad determines the number of potatoes your oven will cook.

NOTES:

- If you touch BAKED POTATO 5 times, the display returns to the 1-potato setting.
- You do not need to touch START/ENTER to start the oven. The oven will start cooking by itself in 5 seconds.
- If you need more or less cooking time, do not touch BAKED POTATO again. Touch COOK POWER before the oven starts cooking. (See "Changing preset cooking times" in the "Getting to Know" section.)

TimeSmart* TIP

For a better baked potato

Before baking, remember to pierce the potato with a fork several times. After cooking, let potatoes stand for 5 minutes to finish cooking.

1. Put pierced potato(es) in the oven and close the door.

2. Touch BAKED POTATO.

If you want to cook 1 potato, just wait 5 seconds.

TOUCH

BAKED POTATO

YOU SEE

3. Change to 2 to 4 potatoes, if desired.

Example for 2 potatoes:

TOUCH

BAKED POTATO

OR

2

(a Number pad)

YOU SEE

After 5 seconds, the oven will start cooking.

Example for 2 potatoes:

YOU SEE

(countdown time – may vary from above)

At end of cooking time:

YOU SEE

(four tones will sound)

USING VEGETABLE

You can cook 1 to 4 cups of a frozen vegetable by touching just one pad. The number of times you touch this pad determines the number of cups your oven will cook.

NOTES:

- If you touch VEGETABLE 5 times, the display returns to the 1-cup setting.
- You do not need to touch START/ENTER to start the oven. The oven will start cooking by itself in 5 seconds.
- If you need more or less cooking time, do not touch VEGETABLE again. Touch COOK POWER before the oven starts cooking. (See "Changing preset cooking times" in the "Getting to Know" section.)

1. Put your vegetables in the oven and close the door.

2. Touch VEGETABLE.

If you want to cook 1 cup of vegetables, just wait 5 seconds.

TOUCH

VEGETABLE

YOU SEE

3. Change to 2 to 4 cups, if desired.

Example for 2 cups:

TOUCH

VEGETABLE

OR

2

(a Number pad)

YOU SEE

After 5 seconds, the oven will start cooking.

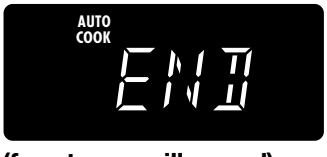
Example for 2 cups:

YOU SEE

(countdown time – may vary from above)

At end of cooking time:

YOU SEE



(four tones will sound)

USING FROZEN ENTREE

You can cook a 10- or 20-ounce (284 g or 568 g) frozen entree by touching just one pad. The number of times you touch this pad determines the size of entree your oven will cook.

NOTES:

- If you touch FROZEN ENTREE 3 times, the display returns to the 10-ounce (284 g) setting.
- You do not need to touch START/ENTER to start the oven. The oven will start cooking by itself in 5 seconds.
- If you need more or less cooking time, do not touch FROZEN ENTREE again. Touch COOK POWER before the oven starts cooking. (See "Changing preset cooking times" in the "Getting to Know" section.)

1. Place your frozen entree on the turntable and close the door.

2. Touch FROZEN ENTREE.

If you want to cook a 10-ounce (284 g) frozen entree, just wait 5 seconds.

TOUCH

FROZEN ENTREE

YOU SEE

3. Change to 20 ounces (568 g), if desired.

TOUCH

FROZEN ENTREE

OR

2

YOU SEE

After 5 seconds, the oven will start cooking.

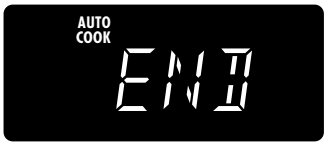
YOU SEE

Example for 20 ounces:

(countdown time – may vary from above)

At end of cooking time:

YOU SEE



(four tones will sound)

USING WARM HOLD

You can safely keep hot, cooked food warm in your microwave oven for up to 99 minutes, 99 seconds (about 1 hour, 40 minutes). You can use WARM HOLD by itself, or to automatically follow a cooking cycle.

NOTES:

- WARM HOLD operates for up to 99 minutes, 99 seconds.
- Opening the oven door cancels WARM HOLD. Close the door and touch WARM HOLD, then touch START/ENTER if additional WARM HOLD time is desired.
- Food cooked covered should be covered during WARM HOLD.
- Pastry items (pies, turnovers, etc.) should be uncovered during WARM HOLD.
- Complete meals kept warm on a dinner plate should be covered during WARM HOLD.
- Do not use more than one complete WARM HOLD cycle (about 1 hour, 40 minutes). The quality of some foods will suffer with extended time.

1. Put hot, cooked food in the oven and close the door.

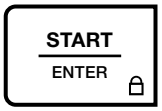
2. Touch WARM HOLD.

TOUCH

YOU SEE

3. Start the oven.

TOUCH



YOU SEE

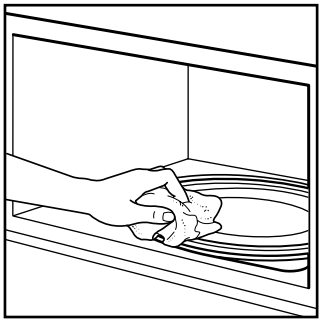
To make WARM HOLD automatically follow another cycle:

- While you are entering cooking instructions, touch WARM HOLD before touching START/ENTER, or during cooking.
- When the last cooking cycle is over, you will hear two tones. “WARM” will come on while the oven continues to run.

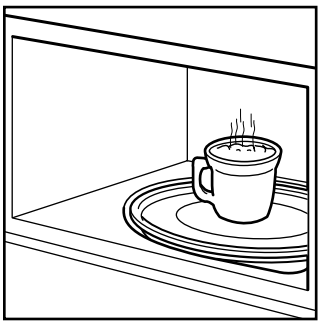
Caring for Your Microwave Oven

To make sure your microwave oven looks good and works well for a long time, you should maintain it properly. For proper care, please follow these instructions carefully.

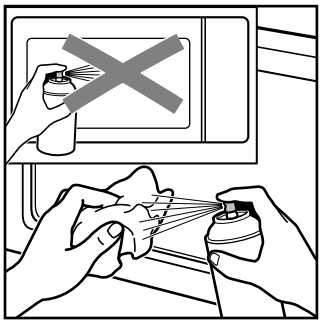
For interior surfaces: Wash often with warm, sudsy water and a sponge or soft cloth. Use only mild, nonabrasive soaps or a mild detergent. **Be sure to keep the areas clean where the door and oven frame touch when closed.** Wipe well with clean water. Over time, stains can occur on the surfaces as the result of food particles spattering during cooking. This is normal.



For stubborn soil, boil a cup of water in the oven for 2 or 3 minutes. Steam will soften the soil. To get rid of odors inside the oven, boil a cup of water with some lemon juice or vinegar in it.

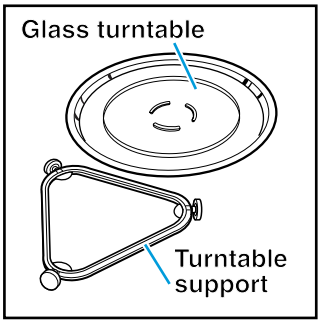


For exterior surfaces and control panel: Use a soft cloth with spray glass cleaner. Apply the spray glass cleaner to the soft cloth; do not spray directly on the oven.



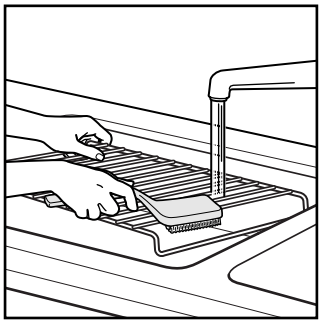
NOTE: Abrasive cleansers, steel-wool pads, gritty wash cloths, some paper towels, etc., can damage the control panel and the interior and exterior oven surfaces.

To clean turntable and turntable support, wash in mild, sudsy water; for heavily soiled areas use a mild cleanser and scouring sponge. The turntable and turntable support are dishwasher safe.



Cleaning the cooking rack

- Wash by hand with a mild detergent and a soft sponge or nylon scrub brush. Dry completely.
- Do not use abrasive scrubbers or cleansers to clean rack.
- The rack is dishwasher safe.



INSTALLING AND CARING FOR THE FILTERS

Do not allow grease and soil to build up in the grease filters. It will decrease the exhaust fan efficiency and could cause a fire. Remove and clean grease filters at least once a month.

NOTE: Your microwave hood combination comes with a charcoal filter to provide clean recirculated air. **The charcoal filter cannot be cleaned and should be replaced every 6 to 12 months.** You can order replacements (PN 4393690) in the U.S.A. by calling **1-800-253-1301**, or in Canada by calling the nearest service branch (see "If you need assistance or service in Canada" in the "Requesting Assistance or Service" section). Follow the instructions and telephone prompts you hear.

⚠WARNING

Electrical Shock Hazard

Disconnect power before removing filters.

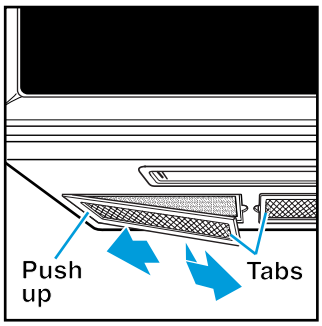
Replace all panels before operating.

Failure to do so can result in death or electrical shock.

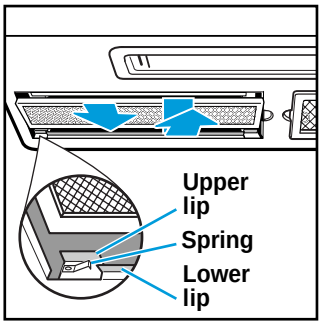
Removing, cleaning, and replacing

1. Unplug microwave oven or disconnect power.

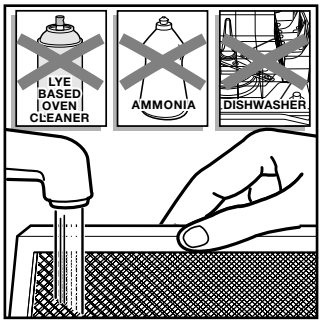
2. To remove the grease filters (PN 4393691), push each filter up on the side opposite the tab. Grasp the tab and slide the filter to the side. Pull the filter downward. It will drop out.



3. To remove the charcoal filters, push the back of each filter away from you. This will slide the front of the filter off the lower lip. Swing the front of the filter down and slide the filter out.

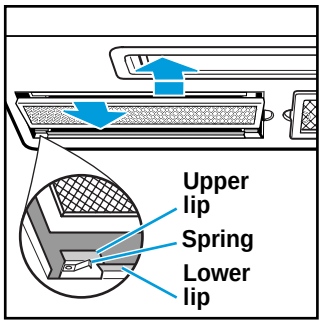


4. Soak grease filters in hot water and a mild detergent. Scrub and swish to remove embedded dirt and grease. Rinse well and shake to dry.

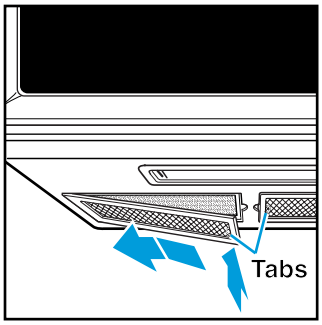


Do not use ammonia, corrosive cleaning agents such as lye-based oven cleaners, or place in a dishwasher. The filter will turn black or could be damaged.

5. To replace the charcoal filters, push each filter to the back of the opening, between the upper and lower lips against the springs. Swing the front of the filter up against the upper lip. Slide the filter forward while pushing it up against the upper lip. The filter will now be held in position between the lips by the spring.



6. To replace the grease filters, slide each filter into the outer side of the filter opening. Make sure you are sliding in the side of the filter that does not have the tab. Hold the tab with your other hand. Push up the tab side of the filter and slide the filter to the other side of the opening to lock into place.



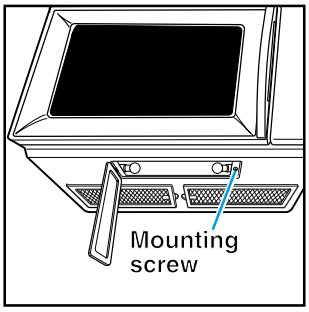
7. Plug in microwave oven or reconnect power.

NOTE: Do not operate the vent fan without the filters in place.

REPLACING THE COOKTOP AND OVEN LIGHTS

The cooktop light

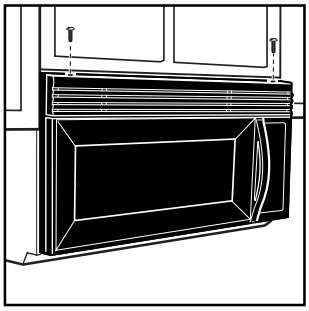
1. Unplug microwave oven or disconnect power.
2. Remove the bulb cover mounting screw and carefully remove the cover.



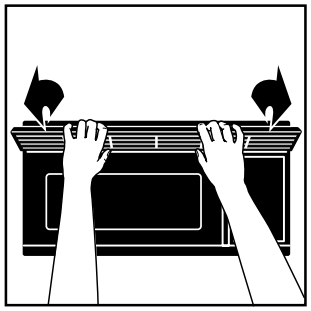
3. Replace bulb(s) with candelabra-base 30-watt bulb(s) (PN 4393681).†
4. Replace the bulb cover and mounting screw.
5. Plug in microwave oven or reconnect power.

The oven light

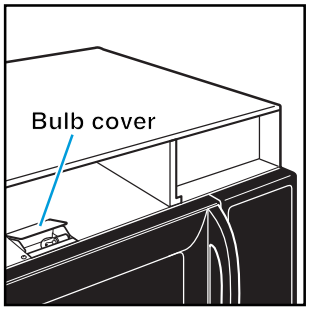
1. Unplug microwave oven or disconnect power.
2. Remove the two vent grille mounting screws located above the cover (the two outer screws).



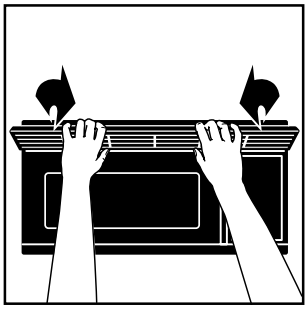
3. Tip the grille forward, then lift out to remove.



4. Lift up the bulb cover.



5. Replace the bulb with a candelabra-base 30-watt bulb (PN 4393681).†
6. Close the bulb cover.
7. Slide the top of the vent grille into place. Push the bottom until it snaps into place. Replace the mounting screws.



8. Plug in microwave oven or reconnect power.

† To order bulbs in the U.S.A. call **1-800-253-1301**, or in Canada call the nearest service branch (see “If you need assistance or service in Canada” in the “Requesting Assistance or Service” section). Follow the instructions and telephone prompts you hear.

Cooking Guide

Microwave cooking tips

Amount of food

- **If you increase or decrease** the amount of food you prepare, the time it takes to cook that food will also change. For example, if you double a recipe, add a little more than half the original cooking time. Check for doneness and, if necessary, add more time in small increments.

Starting temperature of food

- **The lower the temperature** of the food being put into the microwave oven, the longer it takes to cook. Food at room temperature will be re-heated more quickly than food at refrigerator temperature.

Composition of food

- **Food with a lot of fat and sugar** will be heated faster than food containing a lot of water. Fat and sugar will also reach a higher temperature than water in the cooking process.
- **The more dense the food,** the longer it takes to heat. “Very dense” food like meat takes longer to reheat than lighter, more porous food like sponge cakes.

Size and shape

- **Smaller pieces of food** will cook faster than larger pieces. Also, same-shaped pieces cook more evenly than different-shaped pieces.
- **With foods that have different thicknesses,** the thinner parts will cook faster than the thicker parts. **Place** the thinner parts of chicken wings and legs in the center of the dish.

Stirring, turning foods

- **Stirring and turning foods** spreads heat quickly to the center of the dish and avoids overcooking at the outer edges of the food.

Covering food

Cover food to:

- **Reduce** splattering
- **Shorten** cooking times
- **Keep** food moist

You can use any covering that lets microwaves pass through.

Releasing pressure in foods

- **Several foods** (for example: baked potatoes, sausages, egg yolks, and some fruits) are tightly covered by a skin or membrane. Steam can build up under the membrane during cooking, causing the food to burst. To relieve the pressure and to prevent bursting, **pierce** these foods before cooking with a fork, cocktail pick, or toothpick.

Using standing time

- **Always allow food to stand** after cooking. Standing time after defrosting and cooking allows the temperature to evenly spread throughout the food, improving the cooking results.
- **The length of the standing time** depends on how much food you are cooking and how dense it is. Sometimes it can be as short as the time it takes you to remove the food from the oven and take it to the serving table. However, with larger, denser food, the standing time may be as long as 10 minutes.

MICROWAVE COOKING TIPS (CONT.)

Arranging food

For best results, place food evenly on the plate. You can do this in several ways:

- **If you are cooking several items of the same food,** such as baked potatoes, **place** them in a ring pattern for uniform cooking.
- **When cooking foods of uneven shapes or thickness, such as chicken breasts, place** the smaller or thinner area of the food towards the center of the dish where it will be heated last.
- **Layer thin slices of meat** on top of each other.
- **When you cook or reheat whole fish, score** the skin – this prevents cracking.
- **Do not** let food or a container touch the top or sides of the oven. This will prevent possible arcing.

Using aluminum foil

Metal containers should not be used in a microwave oven. There are, however, some exceptions. If you have purchased food which is prepackaged in an aluminum foil container, refer to the instructions on the package. When using aluminum foil containers, cooking times may be longer because microwaves will only penetrate the top of the food.

If you use aluminum containers without package instructions, follow these guidelines:

- **Place** the container in a glass bowl and add some water so that it covers the bottom of the container, not more than ¼ inch (6 mm) high. This ensures even heating of the container bottom.
- **Always remove** the lid to avoid damage to the oven.
- **Use only** undamaged containers.
- **Do not use** containers taller than ¾ inch (19 mm).
- **Container must be** at least half filled.
- **To avoid arcing,** there must be a minimum ¼ inch (6 mm) between the aluminum container and the walls of the oven and also between two aluminum containers.
- **Always place** the container on the turntable.
- **Reheating food** in aluminum foil containers usually takes up to double the time compared to reheating in plastic, glass, china, or paper containers. The time when food is ready will vary depending upon the type of container you use.
- **Let food stand** for 2 to 3 minutes after heating so that heat is spread evenly throughout container.

Cooking you should not do in your microwave oven

- **Do not** do canning of foods in the oven. Closed glass jars may explode, resulting in damage to the oven or possible personal injury.
- **Do not** use the microwave oven to sterilize objects (baby bottles, etc.). It is difficult to keep the oven at the high temperature needed for safe sterilization.

Questions and Answers

QUESTIONS	ANSWERS
Can I operate my microwave oven without the turntable or turn the turntable over to hold a large dish?	You can turn off the turntable to heat 2 dinner plates side by side or one dish that's larger than the turntable. However, if you only need to heat one plate on the turntable, keep the turntable on for best cooking results. Also, you should not turn over the turntable. A plate used on the turntable must fit on it when the turntable is correct side up.
Can I use a rack in my microwave oven so that I may reheat or cook on two levels at a time?	You can use a rack only if the rack is supplied with your microwave oven. If you use a rack not supplied with the microwave oven, you can get poor cooking performance and/or arcing.
Can I use either metal or aluminum pans in my microwave oven?	You can use aluminum foil for shielding (use small, flat pieces), small skewers, and shallow foil trays (if tray is ¾ inch [19 mm] deep or less and half filled with food to absorb microwave energy). Never allow metal to touch walls or door. (For more information, see "Using aluminum foil" in the "Cooking Guide" section.)
Is it normal for the turntable to turn in either direction?	Yes. The turntable rotates clockwise or counter-clockwise, depending on the rotation of the motor when the cooking cycle begins.
Sometimes the door of my microwave oven appears wavy. Is this normal?	This appearance is normal and does not affect the operation of your oven.
What are the humming noises that I hear when my microwave oven is operating?	You hear the sound of the transformer when the magnetron tube cycles on.
Why does the dish become hot when I microwave food in it? I thought that this should not happen.	As the food becomes hot it will conduct the heat to the dish. Be prepared to use hot pads to remove food after cooking.
What does "standing time" mean?	"Standing time" means that food should be removed from the oven and covered for additional time to allow it to finish cooking. This frees the oven for other cooking.
Why does steam come out of the air exhaust vent?	Steam is normally produced during cooking. The microwave oven has been designed to vent this steam out the vent.
Can I pop popcorn in my microwave oven? How do I get the best results?	Yes. Pop packaged microwave popcorn following manufacturer's guidelines or use the preset POPCORN pad. Do not use regular paper bags. Use the "listening test" by stopping the oven as soon as the popping slows to a "pop" every 1 or 2 seconds. Do not repop unpopped kernels. Do not pop popcorn in glass cookware.

TROUBLESHOOTING

Most cooking problems often are caused by little things you can find and fix without tools of any kind. Check the lists below and on the next page before calling for assistance or service. If you still need help, see the "Requesting Assistance or Service" section on page 45 or 46.

MICROWAVE OVEN DOES NOT WORK

PROBLEM	CAUSE
Nothing works.	• The power supply cord is not plugged into a live circuit with the proper voltage. (See the "Electrical requirements" section on page 5 and the "Electrical connection" section on page 12.) • A household fuse has blown or a circuit breaker has tripped. • The electric company has had a power failure.
The microwave oven will not run.	• You are using the oven as a timer. Touch TIMER OFF to cancel the Minute Timer. • The door is not firmly closed and latched. • You did not touch START/ENTER. • You did not follow directions exactly. • An operation that you set earlier is still running. Touch OFF/CANCEL to cancel that operation.

COOKING TIMES

PROBLEM	CAUSE
Food is not cooked enough.	• The electric supply to your home or wall outlets is low or lower than normal. Your electric company can tell you if the line voltage is low. Your electrician or service technician can tell you if the outlet voltage is low. • The cook power is not at the recommended setting. Check the chart on page 22. • You have not allowed enough cooking time for the amount of food being cooked. Larger amounts of food need longer cooking times.
The display shows a time counting down but the oven is not cooking.	• The oven door is not closed completely. • You have set the controls as a minute timer. Touch TIMER OFF to cancel the Minute Timer.

continued on next page

TURNTABLE

PROBLEM	CAUSE
The turntable will not turn.	● You have turned off the turntable. (See the “Heating more than one plate of food” section on page 16.) ● The turntable is not correctly in place. It should be correct-side up and sitting firmly on the center shaft. ● The support is not operating correctly. Remove the turntable and restart the oven. If the support still does not move, call an authorized service technician for repair. Cooking without the turntable can give you poor results.

TONES

PROBLEM	CAUSE
You do not hear the programming or end-of-cycle tone.	● You have not entered the correct command. ● You have turned off the tone. (See the “Audible signals” section on page 15.)

DISPLAY MESSAGES

PROBLEM	CAUSE
The display is flashing “:”.	● There has been a power interruption. Reset the clock. (See the “Setting the clock” section on page 18.)

If none of these items are causing your problem, see the “Requesting Assistance or Service” section on page 45.

Requesting Assistance or Service

To avoid unnecessary service calls, please check the "Troubleshooting" section. It may save you the cost of a service call. If you still need help, follow the instructions below.

If you need assistance or service in U.S.A.

Call the Whirlpool Consumer Assistance Center toll free at 1-800-253-1301. Our consultants are available to assist you.

When calling:

Please know the purchase date, and the complete model and serial number of your appliance (see the "A Note to You" section). This information will help us better respond to your request.

Our consultants provide assistance with:

- Features and specifications on our full line of appliances
- Installation information
- Use and maintenance procedures
- Accessory and repair parts sales
- Specialized customer assistance (Spanish speaking, hearing impaired, limited vision, etc.)
- Referrals to local dealers, service companies, and repair parts distributors

Whirlpool service technicians are trained to fulfill the product warranty and provide after-warranty service, anywhere in the United States.

To locate the authorized Whirlpool service company in your area, you can also look in your telephone directory Yellow Pages.

For further assistance

If you need further assistance, you can write to Whirlpool with any questions or concerns at:

Whirlpool Brand Home Appliances
Consumer Assistance Center
c/o Correspondence Dept.
2000 North M-63
Benton Harbor, MI 49022-2692

Please include a daytime phone number in your correspondence.

IF YOU NEED ASSISTANCE OR SERVICE IN CANADA

1. If the problem is not due to one of the items listed in "Troubleshooting"†...

Contact the dealer from whom you purchased your appliance, or call the Inglis Limited Consumer Assistance Centre toll free, **8:30 a.m. – 6 p.m. (EST),** at **1-800-461-5681.**

2. If you need service†...

Contact your nearest Inglis Limited Appliance Service branch or authorized servicing outlet to service your appliance. (See list below.)

† When asking for assistance or service, please provide a detailed description of the problem, your appliance's complete model and serial numbers, and the purchase date. (See the "A Note to You" section.) This information will help us respond properly to your request.

Inglis Limited Appliance Service – Consumer Services

Direct service branches:

BRITISH COLUMBIA		1-800-665-6788
ALBERTA		1-800-661-6291
ONTARIO	Ottawa area	1-800-267-3456
(except 807 area code)	Outside the Ottawa area	1-800-807-6777
MANITOBA, SASKATCHEWAN and 807 area code in ONTARIO		1-800-665-1683
QUEBEC	Montreal (except South Shore)	1-800-361-3032
	South Shore Montreal	1-800-361-0950
	Quebec City	1-800-463-1523
	Sherbrooke	1-800-567-6966
ATLANTIC PROVINCES		1-800-565-1598

FOR FURTHER ASSISTANCE

If you need further assistance, you can write to Inglis Limited with any questions or concerns at:

Consumer Relations Department
Inglis Limited
1901 Minnesota Court
Mississauga, Ontario L5N 3A7

Please include a daytime phone number in your correspondence.

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U. S. A. WARRANTY

WHIRLPOOL* MICROWAVE OVEN

LENGTH OF WARRANTY	WHIRLPOOL WILL PAY FOR
FULL ONE-YEAR WARRANTY FROM DATE OF PURCHASE	FSP* replacement parts and repair labor to correct defects in materials or workmanship. Service must be provided by an authorized Whirlpool service company.
LIMITED FOUR-YEAR WARRANTY SECOND THROUGH FIFTH YEAR FROM DATE OF PURCHASE	FSP replacement magnetron tube on microwave ovens if defective in materials or workmanship.

WHIRLPOOL WILL NOT PAY FOR

A. Service calls to:

1. Correct the installation of your microwave oven.
2. Instruct you how to use your microwave oven.
3. Replace house fuses or correct house wiring.
4. Replace owner-accessible light bulbs.

B. Repairs when your microwave oven is used in other than normal, single-family household use.

C. Pickup and delivery. Your microwave oven is designed to be repaired in the home.

D. Damage to your microwave oven caused by accident, misuse, fire, flood, acts of God, or use of products not approved by Whirlpool.

E. Any labor costs during limited warranty.

F. Repairs to parts or systems resulting from unauthorized modifications made to the appliance.

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WHIRLPOOL CORPORATION SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some states do not allow the exclusion or limitation of incidental or consequential damages, so this exclusion or limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Outside the United States, a different warranty may apply. For details, please contact your authorized Whirlpool dealer.

If you need assistance or service, first see the “Troubleshooting” section of this book. After checking “Troubleshooting,” additional help can be found by checking the “Requesting Assistance or Service” section. In the U.S.A., call our Consumer Assistance Center at **1-800-253-1301.**

For warranty information in Canada:
Please contact your authorized Whirlpool dealer or call the Consumer Assistance Centre at **1-800-461-5681** (toll free) between 8:30 a.m. and 6 p.m. EST from anywhere in Canada.

For service or assistance in Canada:
If you need assistance or service in Canada, first see the “Troubleshooting” section of this book. After checking “Troubleshooting,” additional help can be found by checking the “Requesting Assistance or Service” section.

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